



Mind over Migraine

Mind Over Migraine

Katherine Foxhall



Mind Over Migraine:

Mind Over Migraine Random House,1994-05-01

Migraine Relief with Hypnosis Katherine Hardy,2020-02-04

Migraine Relief with Hypnosis shows those suffering with migraines how hypnosis can free them of migraines and finally have peace of mind insight and energy to take care of themselves and their family Kathie Hardy s lifelong struggle with chronic migraine headaches ended when she discovered 5PATH Hypnosis and 7th Path Self Hypnosis After leaving her career as a registered nurse and becoming a full time hypnotherapist Kathie Hardy now helps clients ease all types of pain through hypnosis In Migraine Relief with Hypnosis those suffering with migraines learn How they can solve their problem and never lose another day to migraines What hypnosis is and how can it help them have more time for themselves and their family Why hypnosis works so quickly and effectively for pain How hypnosis can help them identify emotional stresses in their past that lead to physical pain today and how to deal with them once and for all How doing self hypnosis for a few minutes every day can give them energy clarity and enthusiasm to take care of themselves and their family

Migraine

Sharron Murray,2013-06-01 A nurse s guide to stopping or shortening these painful headaches through powerful drug free techniques Migraine disease affects over thirty million people in the U S alone Sharron Murray a nurse and former college professor shows readers how to develop their own wellness plan and regain control of their lives Migraine explains how to Identify headache types and triggers Break the cycle of medication dependence Create a self care plan that combines Eastern therapies yoga meditation biofeedback and reflexology with conventional Western medical approaches physical therapy chiropractic to reduce the frequency and severity of migraine attacks and achieve wellness Murray a sufferer herself explains the cause of the disease where it comes from and the difference between primary and secondary headache types along with the impact of injuries and diseases that may occur alongside migraine disease She looks closely at both Eastern and Western medicine to help readers understand their unique headache patterns and minimize or abort migraine attacks In addition tables and charts provide at a glance reference points

Migraine Katherine Foxhall,2019-06-18 A cultural social and

medical history of migraine For centuries people have talked of a powerful bodily disorder called migraine which currently affects about a billion people around the world Yet until now the rich history of this condition has barely been told In Migraine award winning historian Katherine Foxhall reveals the ideas and methods that ordinary people and medical professionals have used to describe explain and treat migraine since the Middle Ages Touching on classical theories of humoral disturbance and medieval bloodletting Foxhall also describes early modern herbal remedies the emergence of neurology and evolving practices of therapeutic experimentation Throughout the book Foxhall persuasively argues that our current knowledge of migraine s neurobiology is founded on a centuries long social cultural and medical history This history she demonstrates continues to profoundly shape our knowledge of this complicated disease our attitudes toward people who have migraine and the sometimes drastic measures that we take to address pain Migraine is an intimate look at how cultural

attitudes and therapeutic practices have changed radically in response to medical and pharmaceutical developments Foxhall draws on a wealth of previously unexamined sources including medieval manuscripts early modern recipe books professional medical journals hospital case notes newspaper advertisements private diaries consultation letters artworks poetry and YouTube videos Deeply researched and beautifully written this fascinating and accessible study of one of our most common disabling and yet often dismissed disorders will appeal to physicians historians scholars in medical humanities and people living with migraine alike

50 Things You Can Do Today to Manage Migraines Wendy Green, 2009-02-02 Migraines are one of the most serious disabling medical conditions In the UK around one in five women one in nine children and one in twelve men suffer from them This book will help you understand conventional and alternative treatments It explains how to avoid your triggers and how to choose beneficial foods and supplements

Dr. Barbara O'Neill's Cure for Migraine Olivea Moore, Do you suffer from debilitating migraines that interfere with your daily life Have you tried countless treatments with little relief and are now searching for a natural holistic solution Dr Barbara O'Neill's guide to migraine relief offers a pathway to freedom from pain and reliance on medications Discover the true root causes behind migraines and learn how to address them with targeted effective strategies In Dr Barbara O'Neill's Cure for Migraine you'll find an in-depth exploration of the physical dietary and emotional triggers that contribute to migraine attacks and discover how natural remedies can bring lasting relief From the power of herbs and essential oils to the impact of gut health sleep and lifestyle adjustments this book provides a comprehensive science-backed approach to healing migraines from within Dr O'Neill's guide is packed with practical advice easy to follow remedies and inspiring success stories from people who have transformed their lives with these methods Each chapter is designed to empower you to take actionable steps so you can start seeing results and experience fewer migraines and less severe symptoms Take the first step toward a migraine-free life Get your copy of Dr Barbara O'Neill's Cure for Migraine today and equip yourself with the knowledge and tools to heal naturally Say goodbye to migraines and hello to a life of balance vitality and lasting wellness

Migraine in Women Elizabeth Loder, Dawn A. Marcus, 2004 Fifteen specialists serve as chapter authors covering sex hormones and genetics as well as the social cultural psychiatric and psychological factors that contribute to headache disorders Their approach is evidence-based but where there are gaps in research the authors provide advice based on expert consensus and clinical experience Each chapter opens with a case report that synthesizes the chapter's treatment recommendations as well as key points listing the chapter's contents The main body of the chapter features an introductory overview a closing summary tables and an extensive list of suggestive reading

Heal Your Headache David Buchholz, 2002-08-12 Based on the breakthrough understanding that virtually all headaches are forms of migraine because migraine is not a specific type of headache but the built-in mechanism that causes headaches of all kinds along with neck stiffness sinus congestion dizziness and other problems Dr Buchholz's Heal Your Headache puts headache sufferers back in control of their lives with a simple transforming program Step 1 Avoid

the Quick Fix Too often painkillers only make matters worse because of the crippling complication known as rebound Step 2 Reduce Your Triggers The crux of the program a migraine diet that eliminates the foods that push headache sufferers over the top Step 3 Raise Your Threshold When diet and other lifestyle changes aren t enough preventive medication can help stay the course That s it in three steps turn your headache problems around *Migraine and Epilepsy* Jan de Vries,2011-06-10 Jan de Vries although trained as a pharmacist turned to alternative medicine early in his career His most influential teacher was the world renowned Swiss doctor Alfred Vogel He now works in Ayrshire in one of Britain s most widely known clinics *Uric Acid Monthly* ,1902

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